

# ◊ WILBRAHAM SENIOR NEWS ◊

45B Post Office Park • Wilbraham, MA 01095  
Phone (413) 596-8379 • Fax (413) 596-8546

Volume 22, 7

July 2016



## *Lunch and Ice Cream Social!*

Everyone loves ice cream. Join us for lunch and an ice cream social on Monday, July 11 at noon. The menu will consist of meatloaf, mashed potatoes, butternut squash, peaches and ice cream. All for \$2.00. Ice cream social sponsored by Sosin Center Rehabilitation, JGS Lifecare. Reservations with payment due by July 1st. Bring your friends for this cool event.

## **NEW BREAKFAST MEAL PROGRAM "MORNING CONVERSATIONS"**

The Senior Center is proud to be offering a hot breakfast every Tuesday at 8:30. The menu will consist of one of these items each Tuesday: Cheese Omelet, French Toast, Oatmeal, Egg Cheese & Bacon Sandwich or 2 Egg Patties. Each of these meals will be served with orange, milk and coffee all for a donation of \$2. Reservations for the Tuesday breakfast must be made by 10 a.m. the Friday prior by calling 596-8379.



## **SUMMER HERBAL RECIPES WORKSHOP**

Michelle (Croze) Caron, RMT, CYT, owner of Harmony Way, a local body-mind-spirit business in Wilbraham, is back to share several helpful, simple recipes and tips for making your own non-toxic summer remedies. Join Michelle on **July 14 at 9:30 a.m.** where she will share recipes such as herbal bug repellents, homemade suntan lotion without the chemicals found in store-bought types, sunburn relief spray, and salves to help with itchy bug bites or chapped gardener's skin. This is a follow up to her last fun, free herbal workshop on non-toxic household cleaners this past March. These recipes can be used to help your family be more natural, healthy and to lead a more toxin-free lifestyle. Space is limited. Please call the Senior Center to register in advance at 596-8379. If you have any questions, contact Michelle via email at: [harmonywayhealing@gmail.com](mailto:harmonywayhealing@gmail.com) or via phone at (413) 636-2475. For more information, please see the Harmony Way website: [www.harmonywayhealing.com](http://www.harmonywayhealing.com)



## **Wellness Fair August 25th**

### **Sponsored by Rep. Angelo Puppolo & Walgreens**

All Seniors are invited to this great event. You will be provided with resources and information on health & wellness, housing options, legal and financial advice all under one Roof. Meet State Rep. Angelo Puppolo and representatives from Walgreens along with local businesses. Mark your calendars today and look for more information in the August newsletter.

# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

Foot Care Nurses, **July 14th**, Cost is \$29.

Foot Doctor Cindy Galavotti, **July 7th**, and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **July 13th**, 10 to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up. 596-8379

## FITNESS PROGRAMS

Yoga every **Wednesday at 12:15 and Fridays at 11:45** taught by Michelle Caron, owner of Harmony Way. Fun class format is for everyone. \$5

Line Dancing on **Wednesdays at 1:30 pm**. Beginner Line Dance class on **Fridays at 1:30 pm**.

Tai Chi, **Wednesdays at 9 am**. FREE!

Zumba Gold, **Wednesdays at 11 am & Fridays at 10:30 am**. \$5.

Chair Exercise, **Tues. & Thurs. at 10 am**. FREE!

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 am**. FREE!!!!

Gentle Exercise, **Wednesdays, 10:15** .FREE

Blood Pressure Screening, **Tuesdays 11-12**

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

## SPA PROGRAMS

**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **July 1st, 8th and 15th**, for appointments. Cost is \$10.



## CHAIR MASSAGE AT SENIOR CENTER—

Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10-minute massage. Call 596-8379 to register for **July 1st**. Very relaxing!!

**Call 596-8379 for appointments!**

## USUI REIKI

The 2<sup>nd</sup> Monday of each month from 12:30 pm-3:00 pm, Michelle (Croze) Caron, RMT, CYT, alternative healing expert and owner of Harmony Way, will be offering this traditional Japanese form of holistic healing that addresses the physical, mental, emotional, and spiritual levels, bringing relaxation, a sense of balance and peace, and gentle healing and pain relief for clients. Sign up for a 15 minute sessions/\$10 or half-hour sessions/\$20. Appointments can be made by contacting Michelle at [\(413\) 636-2475](tel:4136362475) or email: [harmonywayhealing@gmail.com](mailto:harmonywayhealing@gmail.com).

## Guilt Free Summer Desserts Warning: these treats may be addictive AND good for you.

Do you love sweets but not how they make you feel afterwards? Are you looking for healthier versions of your favorite summer recipes? Do you have a special dietary concern (dairy or egg-free, low cholesterol/sodium, gluten-free, low glycemic, food allergies,)? If so, this is the workshop for you! Michelle (Croze) Caron, RMT, CYT, is offering another fun, free workshop at the Senior Center that will be all about delicious and guilt-free sweets. Learn her not-so-secret anymore recipes for healthy, yet tasty cheesecake, whipped cream, ice cream, and other no-bake treats that are perfect for hot summer days. When you make these recipes, you will not believe that they are healthy! This workshop is great for anyone looking to lead a healthier lifestyle. Be advised that the recipes have no refined sugars added (using fruits and lower glycemic sweeteners instead) and include tree nuts (no peanuts), such as cashews and coconuts, in place of cholesterol and cream-filled original recipes. Space is limited. register at: (413) 596-8379 DATE: **Monday, July 25 at 10 am**.





Westchester Broadway Dinner Theater  
Thursday, July 28th

## Million Dollar Quartet

Package includes bus, full course luncheon at the Theater, Matinee performance of "Million Dollar Quartet". Cost is \$99 and is due in full at time of registration. Bus departs at 8am from Senior Center and returns at 7:30pm. Make checks payable to "Revolving Account".

## NYC CITY TRIP

Wednesday, September 21st. Cost is \$36. Bus leaves Senior Center at 6:30 am and returns at 9:30pm. Registration with payment will start July 19th at 8am. Make check payable to Revolving Account.



## Electric Discount from National Grid

If you are a residential customer and meet the requirements listed below then you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive. To apply, please contact Barbara Harrington. She will help you complete the application. Eligibility Criteria: Your electric bill is in your name; you are currently qualified to receive fuel assistance benefits or are participating in one of the following programs: EAEDC, Food Stamps, WIC, Head Start, Mass Health, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, WIC.

## Farmer's Market Coupons

Hopefully, we will receive coupons again this year. To qualify you must be a low income senior (live in subsidized housing, receive fuel assistance or food stamps, etc.). To have your name added to the lottery for coupons, please call the at 596-8379. The coupons are limited and not everyone who qualifies will receive coupons.

## Library Drop-in Sessions at Senior Center



Learn more about using our FREE e-books, e-audiobooks, e-magazines on your tablet, mobile phone or laptop. Bring your device for help in getting started. Ask about library services including: placing holds; renewing books online; reserving museum passes; notifications of new books, movies, programs using our databases to find health, financial, travel, consumer and other information. Join us on Thursday, **July 21 from 9-10 am**.

## SNAP PROGRAM (Food Stamps)

Looking for help with your grocery bill? Let the SNAP Outreach Team from the Springfield Dept. of Elder Affairs show you how easy it is to qualify. You can own a house, have a bank saving account, social security, a private pension, and still qualify for SNAP benefits. If you or someone you know (aged 60 or older) living in Hampden County could benefit from SNAP, please contact Barbara Harrington at 596-8379.

## JULY EVENTS

**SHINE** Representative will be at Center on **July 15** 9am . Call for appointment.

**QUILTING CLUB**, **July 14 & 28** at 1:00 pm.

**BOOK CLUB** "Ethan Frome" by Edith Wharton, **July 21** at 1:30 pm.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **July 20**. Call for appointment at 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, **Returns in Sept.**



**MEN'S BREAKFAST** Ludlow, **Friday, July 29** at 8:30 am. Please call to register, 596-8379.

**AFTERNOONS: BINGO** Mondays, 12:30 pm; **KNITTING ETC.** Tuesdays, 1:00 pm; **RUG MAKING**, Mondays at 1:00 pm.

**OUTRAGEOUS ADVENTURES** on Friday, **July 15** at 9 am. Call Mary Ellen for information.



# July 2016

Mon	Tue	Wed	Thu	Fri
				<b>1</b> 9-Reflexology 9-Massage Therapy 10:30- Zumba Gold 11:45-Yoga 1-Brown Bag Program 1:30-Line Dance
<b>4 CENTER CLOSED</b> 	<b>5</b> 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc. <i>Egg, bacon cheese on Toast</i>  <b>Around Town</b>	<b>6</b> 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance  <b>Holyoke Mall</b>	<b>7</b> 9-Podiatrist 10-Chair Exercise 10:40-Aerobics 1- Mahjong  <b>Big Y</b>	<b>8</b> 9-Reflexology 10:30- Zumba Gold 11:45-Yoga 1:30-Line Dance
<b>11</b> 11:45- Lunch/Ice Cream Social 12:30 -Reiki 1-Rug Making 1-Friends Meeting <i>Meatloaf</i> <b>BIG Y</b>	<b>12</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Mtg <i>Oatmeal, muffin</i> <b>Around Town</b>	<b>13</b> 9-Tai Chi 10-Baystate Hearing 10:15 Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance <b>Walmart</b>	<b>14</b> 8- Foot Care Nurse 9:30-Summer Remedies w/Michelle 10-Chair Exercise 10:40-Aerobics 1-Quilting 1-Mahjong <b>Stop &amp; Shop</b>	<b>15</b> 9 SHINE 9-Outrageous Adventures 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1:30 Line Dance
<b>18</b> 11:45-Lunch/Bingo 1-Rug Making  <i>Cheese Omelet            Sausage Patty            Red Roasted Potato</i> <b>Stop &amp; Shop</b>	<b>19</b> 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc.  <i>2 eggs, muffin</i> <b>Around Town</b>	<b>20</b> 9-Tai Chi 10:15 Gentle Exercise 11-Zumba Gold 12:15-Yoga 1-Attny. Peterson 1:30-Line Dance <b>Atkins Market</b>	<b>21</b> 9-Library Drop In 10-Chair Exercise 10:40-Aerobics 1-Book Club  <b>Big Y</b>	<b>22</b> 10:30-Zumba Gold 11:45-Yoga 1:30-Line Dance
<b>25</b> 10- Food Workshop w/Michelle 10-Fallon Health 11:45-Lunch/Bingo 1-Rug Making <i>Taco Salad Bowl</i> <b>Big Y</b>	<b>26</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Board Mtg. <i>French Toast</i> <b>Around Town</b>	<b>27</b> 9-Tai Chi 10:15 Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance  <b>Walmart</b>	<b>28</b> 8-Westchester Theater Trip 10-Chair Exercise 1- Quilting  <b>Stop &amp; Shop</b>	<b>29</b> 8:30 Men's Breakfast Ludlow 10:30-Zumba Gold 11:45-Yoga 1:30-Line Dance





LIFE CARE CENTER OF WILBRAHAM

## Celebrating *25* Years of service!

Come join us in celebration.

Thursday, July 14, 2016  
4 – 7 p.m.

- Summer buffet and culinary delights from our award winning team
- Live music by KINGS DUO
- Photo booth fun
- Drawings for door prizes

### Come join the fun!

Life Care Center of Wilbraham is thankful for the support of the senior community and we would like to show our appreciation by hosting a community benefit in cooperation with the **Friends of Wilbraham Seniors**. All proceeds from this benefit go to the **Wilbraham Senior Center Building Fund**. Suggested donation: \$20

**Thanks to those who have donated to the Friends of Wilbraham Seniors Building Fund and Senior Center:**

**Friends Donations**

Anon  
Besko, Mary  
Brown, Phyllis  
Chmura, Elizabeth  
Fusco, Shirley  
Gallarani, Mark  
Gore, Dottie  
Granger, Denise  
Hyder, Evelyn  
Jablonski, Ed  
Krol, Ed/Jean  
McDonald, Gloria  
Ouimet

Rhie, Young/Marilyn  
Siuda, Peter  
Wray, Madeline

**Building Fund Donations**

Caron, Barbara  
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Garvey, Bill  
Iellamo, Dorothy  
Lefebvre, Monique  
Ludwig, Frank  
Ouimet  
Parent, Lorraine  
N Wilbraham Social Club

WSC, Kathy Hunter Line Dancing  
McCarthy, Veronica  
(Memorial Pauline Babineau)

**Senior Center Donations**

Garvey, Bill  
Levesque, Barbara  
Osborne, Rosemary  
The Woods

**FROM THE FRIENDS OF WILBRAHAM SENIORS**

**Annual Postage Drive Begins Again**

Last years postage drive went very well. As you may know bulk postage went up last year. Our monthly cost is now \$385. We are asking for your help by sending us \$5, \$10, \$20 or more. Whatever your pocketbook can spare. Make your checks out to Friends of Wilbraham Seniors. Mail it to: P. O. Box 705, Wilbraham, MA 01095. If you prefer you can just drop it off to the receptionist at our Senior Center. We thank you so much for your help.

**A Gentle Reminder**

Your response to the survey card that was inserted into last months Senior News was very good. We are asking that those of you that haven't got around to responding, please just check off the answers to the questions and put a stamp on it and drop it in the mail. If you misplaced your copy you can pick up another at the SENIOR CENTER and just leave with the receptionist. The larger the response the more valid and informative it becomes. We hope to put the results in the next months Senior News.

**COMING FUNDRAISING EVENTS**

July 14	Life Care 25th Anniversary	July 27	Neighborhood Pizza Dine Out
August 9	Mohegan Sun	August 21	Rotary Picnic
August 21	"Sister Act" Theater Trip	Sept. 22	Villa Rose Dine Out
October 4	Mohegan Sun	October 19	Steaming Tender Dine Out
		Nov. 19	Holiday Bazaar

# RED HAT YAYA SISTERHOOD OF WILBRAHAM

Summer is here, hope everyone is having fun. We are about to begin our 2016-2017 year. There will be some changes. Ginni McCombe will be our new Queen Mum and Kathy Sowa will be our new secretary. I will become Ginni's advisor, so I won't be far away. It is time to sign up for next year. So send it to Deb Gormley 105 Chapin Green Drive Ludlow 01056. And please make out your check to Red Hat Ya Ya Sisterhood of Wilbraham. Calls will be made in July. Please get your checks in so the handbook will be complete by August. There are some new interesting events planned for next year. The first one will be Sunday Sept. 18 at Stage Loft Theater followed by installation of our officers and dinner at Neighborhood Pizzeria and Pasta House. In next month's newsletter, I will have a list of events as much as we have so far. Jane Soukup will be chair for this event (596-6046).

Stay cool and safe,  
Kathy Phipps, your Queen Mum

## Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov). Each month you will be one of the first to receive the newsletter and help us save money.



### Brown Bag Food Sampling Friday August 5, 1:00 to 2:30pm

The Food Bank of Western Massachusetts offers free nutrition education programs to our member agencies. Sample new recipes and learn about: Delicious recipes to make with Brown Bag food items, Meal and snack ideas for improved health, Microwave cooking recipes and tips, How to cook healthy for one or two. Please call the Barbara by August 3<sup>rd</sup> to sign up 596-8379.

### NEW BROWN BAG PROGRAM IN WILBRAHAM

Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active. The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries. For more information and application contact Barbara Harrington at 596-8379.

### Instructional Mahjong

2 Day class - Learn how to play mahjong. **Thursday July 7th & 14th 1-3:30.** Must attend both classes. Bring your game if you have one. Sign up 596-8379.



### Community Calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Call Frankie B's at 596-2423 for info.

#### Athenaeum Society

On Sunday, July 10 from 1:00-4:00, the Old Meeting House Museum, 450 Main Street, will hold its Seventh Annual Ice Cream Social featuring the Art of the Wilbraham Art League. The event is free and open to the public.

## VETERANS OFFICE NEWS

Veterans Bus Trip & Lunch Friday August 19, 2016 9:00am—Join us on a trip to see “The Wall That Heals” – the traveling Vietnam Veterans Memorial and Museum. Hosted by the Town of West Springfield at the Eastern States Exposition. Admission is free, lunch afterwards at Memos in West Springfield. Everyone responsible for their own check. CASH ONLY. Please call the Senior Center for sign up as space is limited. 596-8379.



Under Chapter 115 of Massachusetts General Laws, the state provides a program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please call Veterans Agent Laurie Kozak at 596-8379.

## NURSE'S CORNER

TEMPERATURES ARE CLIMBING - What can you do to stay cool? To protect your health when temperatures are extremely high you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink when the weather is hot. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid "very" cold drinks, because they can cause stomach cramps. Avoid hot foods and heavy meals—they add heat to your body. Don't use the stove or oven to cook—it will make you and your house warmer. Wear loose, lightweight, light-colored clothing. If out an about consider shading heads and faces with light sun hats or an umbrella. Limit sun exposure during mid-day hours. Stay in air-conditioned buildings as much as possible. Locate an air-conditioned shelter in your area. Do not rely on a fan as your primary cooling device during an extreme heat event. Check on a friend or neighbor and have someone do the same for you. Take cool showers or baths to cool down. Check the local news for health and safety updates. Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting. NEVER leave, infants, children, or pets in a parked car. Remember to provide plenty of fresh water for your pets and leave the water in a shady area. Tuesdays 11-12pm. Call Lee 596-8379 with health related concerns, Tuesday & Wednesday 9-2pm.





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**DIRECTOR OF ELDER AFFAIRS:**

Paula Dubord

**ACTIVITIES/VOLUNTEER****COORDINATOR:**

Mary Ellen Schmidt

**SOCIAL SERVICES****COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

**VETERANS AGENT:**

Laurie Kozak

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**WEEKLY VOLUNTEERS**

**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Dee Mitchell, Jacquie Peck,

Ginnie Rickert

**Van:** Peter Siuda, Gary Babineau

Jim Hendricksen

**IF YOU WISH TO UNSUBSCRIBE****FROM THIS NEWSLETTER**

**PLEASE CALL THE SENIOR**

**CENTER AT 596-8379**

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**SENIOR CENTER HOURS:**

**Monday-Friday, 8:00-4:00**

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**PVTA Van Service**

available by calling 739-7436.

Newsletter available online at

[www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)

**ANNUAL NEWSLETTER FEE OF \$5** payable to the "Friends of Wilbraham Seniors".

Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705

Wilbraham, MA 01095

Lunch served Mon at 11:45 a.m. in the lunch room. Breakfast served Tue at 8:30 a.m. Reservations must be made the Friday before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS  
WILBRAHAM SENIOR CENTER  
45B POST OFFICE PARK  
WILBRAHAM, MA 01095-1179**

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**COUNCIL ON AGING MEMBERS:**

**Chairperson:** Trant Campbell

**Vice Chair:** Robert Page

**Secretary:** Ellen O'Brien

**Members:** Theresa Munn, Gilles Turcotte,

Diane Weston, Father Panteleimon Klostri

Chuck Marsman

Meeting: 1st Wednesday of each month at the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month and mailed to:

Wilbraham Senior Center

45B Post Office Park

Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov)

**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:**

**July 4— Closed**

**July 11- Big Y**

**July 18 -Stop & Shop**

**July 25—Big Y**

**WEDNESDAY TRIPS**

**July 6- Holyoke Mall**

**July 13 -Walmart**

**July 20 - Atkins**

**July 27—Walmart**

**THURSDAYS TRIPS**

**July 7- Big Y**

**July 14- Stop & Shop**

**July 21- Big Y**

**July 28—Stop & Shop**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 8 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

